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IN THE REALM OF THE FEMININE



Copyrighted January, 19 16, by Beatriz Michelena.)

NO. 22.
"PLEASE," SAYS THE GIRL who writes me from Boise, Idaho, "don't
think me foolish because I want to be a motion picture actress."
A good many other girls have addressed me with practically this same
plea and so I am taking this opportunity of assuring them all that I think
none of them foolish—in fact that I think no one foolish for having a laud-
able ambition.
Of course behind this desire to become a motion picture actress there
may be foolish or unworthy motives. It may all come from the delusion
that there is much money to be made in the profession at little expendi-
ture in honest work; or it may be a false glamor that makes appeal. I
am sure that some girls wish to become screen actresses merely to satisfy
a silly vanity. They are the sort that dote on being noticed and are for-
ever dressing and flouncing and strutting in a manner most apt to make
them conspicuous. Worse still there are some girls who have looked
to pictures as an open gateway to bright lights and a so-called gayety of
life that is not altogether to be safely acclimated.

These types of girls, however, are not seriously ambitious to become
motion picture actresses. They may think they are, but as a matter of
fact they merely regard the profession as a means to a less worthy end.
Although they are foolish, this is quite apart from any desire to become
a screen actress.
The truly ambitious girl is the one that regards picture acting as a call-
ing worth her best endeavors. With her it is not the means to something
else, but the end, in and of itself, toward which her best efforts are to
be untiringly directed.

She sees that pictures embody a great art and is willing to labor and
sacrifice that she may make some contribution and not its reward that
counts first with her.
To the casual glance of a too unappreciative world she may have failed.
Her sacrifices may seem to have been for naught and her contribution
misdirected. However, in so far as her ambition was laudable and she true
to her ideal, she was not foolish. It does not always take fame nor recog-
nized success to prove wisdom.



External Cleanliness

To some, a bath is a weekly cer-
emony of removing dirt and dirt
from the skin, to others, it is the
same thing, repeated daily, not week-
ly. Some bathe because the habit
differentiates them from the savage,
others because it satisfies their
aesthetic feelings. Not many think
of the other and more important
functions of the bath.
Now, the skin is not just the cov-
ering for the body. It is a collection
of thousands of nerves conveying
outside sensations to the brain. It
regulates the temperature of the
body by evaporating the perspira-
tion to produce coolness, by the re-
action or flow of the blood to the
surface to produce heat or cool; it
carries off waste matter from the
body by means of perspiration.
The skin is in two layers—the
dermis or real skin, and over this
the epidermis, scarfskin, or cuticle.
The cuticle contains no blood ves-
sels, and is constantly shedding it-
self in the form of minute particles.
The bath washes off these particles,
together with the oils from the skin
and the dust from the air that mix
with them, leaving the pores clear to
carry off other waste matter from
inside the body.
With unclogged pores, the per-
spiration passes off the skin and is
taken up and evaporated by the air.
There is then no "sweaty" smell.
If, through improper eating, the
pores are made to do the work the
kidneys pass by—removing waste,
that is—the perspiration will smell
unpleasantly. And even then, if, by
bathing, the skin is kept clean, this
odor will hardly be noticeable. Next
to internal cleanliness, comes ex-
ternal cleanliness. Without them
both, no woman is beautiful.



Rest and bathing go further toward
making a woman beautiful than any
other treatment

Questions and Answers
My front teeth have curious brown spots
on them—at least a dozen or more over
each tooth. I clean them night and morn-
ing but these spots always stay. Do you
know what they are?—Minnie B.
Reply—If the spots were larger and
fewer, I would think they were the out-
ward sign of a decay in the tooth. They
likely come from an acid mouth, which is
induced by bad digestion. Go to your den-
tist and see what he says and use a den-
tist's tooth powder to cure acid
mouth.

[Protected by George Matthew Adams]

RASPBERRY GOODIES

Raspberry Tarts—Mix together with
a knife or fork a quarter of a pound of
butter, with a pound of self-raising
flour and a pinch of salt. Beat two
eggs, mix with two cupfuls of milk
and add slowly to the flour and but-
ter. Cut with a circular cutter and
put the circles in muffin tins. Fill
with rich stewed raspberries, bake for
a quarter of an hour and serve very
cold, with whipped cream.

Raspberry Ice—Mix one and two-
thirds cups of granulated sugar with
four cupfuls of water and boil with-
out stirring for ten minutes. Mash
enough raspberries to yield a pint of
juice and, with two tablespoonfuls
of lemon juice, to the sirup. Strain,
cool and freeze.

Rice and Raspberries—Boil rice un-
til tender and drain. While hot mix
with a little lemon juice and powdered
sugar, and press it around the sides
of a bowl in a layer an inch thick.

Raspberry Tapioca Pudding—Soak
a cupful of tapioca for 12 hours in a
generous quart of water. Mix with a
cupful of sugar and put in alternate
layers with a quart of red raspberries
in a buttered baking dish. Add a cup-
ful of water and bake in a moderate
oven until clear. Serve with a sauce
made of raspberries mixed with sugar
and a little water and heated. If the
pudding is served cold a hot sauce is
desirable. If the pudding is hot, let
the sauce cool before serving.

Raspberry Cake—Make a rich layer
cake, baked in thin layers, and spread
this filling between the layers. Sprin-
kle the top with powdered sugar and
serve fresh. This is the filling: Beat
a cupful of cream until stiff and add
half a cupful of mashed raspberries
and a third of a cupful of powdered
sugar. Season lightly with vanilla.

Raspberry Whip—Mash a quart of

HUSBAND SAVED HIS WIFE

Stopped Most Terrible Suf-
fering by Getting Her Lydia
E. Pinkham's Vegeta-
ble Compound.

Denison, Texas.—"After my little
girl was born two years ago I began suf-
fering with female
trouble and could
hardly do my work.
I was very nervous
but just kept drag-
ging on until last
summer when I got
where I could not do
my work. I would
have a chill every
day and hot flashes
and dizzy spells and
my head would al-



most burst. I got where I was almost
a walking skeleton and life was a burden
to me until one day my husband's step-
sister told my husband if he did not do
something for me I would not last long
and told him to get my medicine. So he
got Lydia E. Pinkham's Vegetable Com-
pound for me, and after taking the first
three doses I began to improve. I con-
tinued its use, and I have never had any
female trouble since. I feel that I owe
my life to you and your remedies. They
did for me what doctors could not do
and I will always praise it wherever I
go."—Mrs. G. O. LOWERY, 419 W. Mon-
terey Street, Denison, Texas.

If you are suffering from any form of
female ills, get a bottle of Lydia E.
Pinkham's Vegetable Compound, and
commence the treatment without delay.

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raspberries, add a cupful of sugar and
let stand. Whip two cupfuls of cream
or six egg whites. Mix lightly with
the raspberries, pile in glasses and
serve, very cold, for dessert.

TO CLEAN A SAILOR HAT remove
the band, then sprinkle the straw
freely with flowers of sulphur, moisten
with lemon juice, then rub briskly
with a piece of rag dipped in clear
warm water and dry.

MISS FORBES TO ANSWER
QUERIES.
Miss Edna Kent Forbes, whose
"Beauty Chats" constitute one of
the most popular features of the
Star-Bulletin, is at the present
time in New York city. She is
answering the large number of
inquiries as rapidly as possible.
She is also preparing new num-
bers of the series of very special
interest.

MILLS COLLEGE OAKLAND, California

The high quality of the work done at
Mills College is indicated by the fact
that undergraduates transfer to the Uni-
versities of California and Stanford with-
out loss of status, their credits being ac-
cepted at full unit value. There have
been students among those transferred to
Stanford who have been appointed to as-
sistantships and teacherships before ac-
quiring their year of graduate work. Typ-
ical instances are: Celeste Young, reader
in history; Josephine Cressy, assistant in
German; Rachel King, assistant in mathe-
matics.
Graduates of Mills College secure their
second degree and their teacher's certi-
ficate at the University of California in
one year. Dora Lemon, B. S., Mills
1913, M. S. California 1914, is an in-
structor in biology in the Fresno Normal
School; Joyce Lohmer, B. L., Mills 1913,
M. L. California 1914, in English in the
Ansburn Junior College. Further af-
fairs, Mills College graduates have distinguished
themselves as holders of scholarships and
fellowships: Charlotte D'Evelyn, Mills
1911, Graduate Scholar in English at
Bryn Mawr 1913-1915, and Mary E. Gar-
rett, European Fellow at Oxford 1915-
1916; Florence Harper, Mills 1913; Grad-
uate Scholar in Romance Languages at
Bryn Mawr 1913-1915; Hope Lohmer,
Mills 1915, Graduate Scholar in History
at Radcliffe 1915-1916; Inez Neterer,
Mills 1916, Graduate Scholar in Sociology
at Bryn Mawr 1916-1917.
In the so-called vocational subjects
Mills College has also received significant
recognition; its graduates in home eco-
nomics and physical education are granted
a teacher's special certificate by the
State Board of Education which author-
izes them to teach in the high schools of
California without further training or ex-
amination. Ethel Ronsane, Mills, B. S.
1913, Columbia, M. A. 1914, has been
since 1914 the instructor in charge of do-
mestic arts at the University of Missouri.
She taught in the University of Cali-
fornia Summer School in 1915.
California Branch of the Association of
Collegiate Alumnae, feeling added inter-
est and pride in Mills College because of
the appointment of one of its members,
Aurelia Henry Reinhardt (A. B., Cal.,
Ph. D. Yale), to the presidency, desires to
call attention to the high standard of
scholarship of this college, which promises
to offer to the Pacific Coast the same op-
portunities furnished by the well-known
colleges for women of the Atlantic States.
As the Association of Collegiate Alum-
nae was founded in part for "the publi-
cation of information concerning educa-
tion and in general for the maintenance of
high standards of education," the Educa-
tional Committee of the California Branch
helps to fulfill this purpose by presenting
the enclosed facts about Mills College.

(Signed)
Caroline Canfield Thorsen, Yassar.
(Mrs. Wm. B. Thorsen)
Hope Traver, Bryn Mawr.
May S. Cheney, California.
(Mrs. Warren Cheney)
Chairman Educational Committee,
California Branch, Association of
Collegiate Alumnae.
Ethel Lee Turner, California.
(Mrs. Frederick C. Turner)
President California Branch, Associa-
tion of Collegiate Alumnae.
Ethel Moore, Yassar.
Vice-President South Pacific Section,
Association of Collegiate Alumnae.

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